## Task
Relocating Ceramic Bowl

### Completed by
Angela Schirle

### Required PPE
- Steel-toed footwear
- Metatarsal guards
- Work gloves

### Date
04/26/2022

### Notes
Only would need to be lifted to the location. One-time occurrence, no repetitive lifting.

<table>
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<tr>
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| 1    | ![Step 1 Picture](image1.png) | A lift is conducted to pick up a fragile ceramic pot that weighs over 150 pounds. | This task can create ergonomic hazards. The heavy lifting and awkward postures may lead to back, foot, or hand injury. | PPE that would help to prevent these injuries:  
- Steel-toed footwear  
- Metatarsal guards  
- Work gloves  
Two-person lift to reduce risk of hazards. |
| 2    | ![Step 2 Picture](image2.png) | Placing the ceramic bowl on the pallet lift. | This task can create ergonomic hazards. Setting a heavy object down on the pallet lift may damage the individuals back, due to heavy lifting and awkward posture. | Continue wearing the PPE listed in step 1.  
Remain conscious of proper ergonomic techniques. |
| 3    | ![Step 3 Picture](image3.png) | Transporting the ceramic pot on the pallet lift to its final destination. | There is a risk when transporting the bowl due to the possibility of falling on feet. | Continue wearing the PPE listed in step 1  
Ensure the ceramic pot is secured to the pallet lift. |
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<tr>
<td>4</td>
<td></td>
<td>Removing the bowl from the pallet lift and placing it in its intended location.</td>
<td>This task can create ergonomic hazards. Placing a heavy object on ground level may cause back injury, due to heavy lifting and awkward posture.</td>
<td>Continue wearing the PPE listed in step 1 Remain conscious of proper ergonomic techniques when placing heavy objects down.</td>
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</tbody>
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